

Dr. Nivedha Dilip, BPT, M.Sc (Sports)

Sports Physiotherapist

Sports physiotherapy is a specialised field of physical therapy that focuses on helping athletes recover from injuries and improve their performance. It is an important part of any athlete's training regimen and can help them stay in top condition.

When it comes to finding the best sports physiotherapist in Bangalore, you need to be sure that they have the right qualifications and experience. You should look for someone who has extensive knowledge of sports-related injuries and treatments, as well as a good understanding of different types of athletes and their needs. With the right professional, you can be sure that your sports performance will remain at its peak.

Energetic Sports Physical Therapist for home visit physiotherapy and fitness instructor offering wealth of experience in charting patients' progress along with cultivation of positive patient relationships. hardworking, highly skilled, and safety-conscious with a background working in outpatient and inpatient clinics and on the field with cricketers. open to learning new methods and techniques.

Education: Bachelor of Physiotherapy (BPT) from Ramaiah Medical College, Rajiv Gandhi University of Health Sciences, Bangalore

Master of Science: Sports and Exercise Medicine, Leeds Beckett University, Leeds.

Sports physiotherapist (Wiara Sports Physiotherapy and Recovery), Bangalore It is her own clinic with an athletic gym, providing rehabilitation for sports injuries.